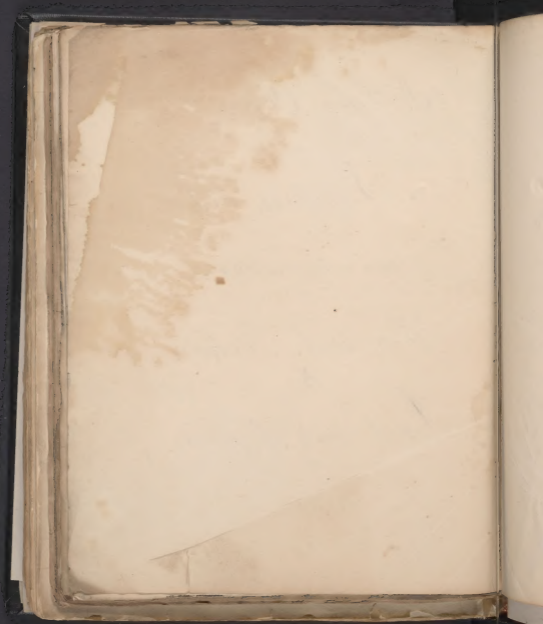


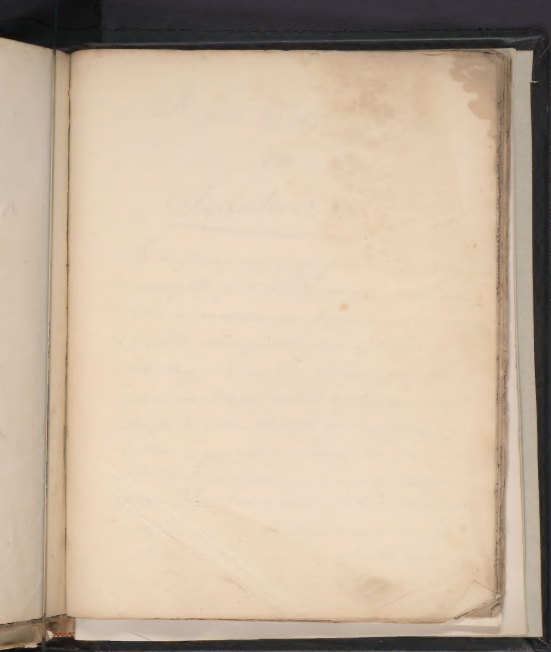
A Few Observations
 on
 Sedatives, and
 Their Application
 in
 Practical Medicine
 By
 Joseph Mosby Sheppard
 of
 Virginia

1811

Nec semper ferit, quodcumque minatur; Arcus.

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A few Observations
on
Sedatives, &c.

In defining any class of medicines it should be among the first considerations of the writer, to give in as concise and perspicuous a manner as possible some general idea of the system on which they act, and their *Modus Operandi*.

To give such a definition of Sedatives, must I think be attended with some difficulty; Cullen so generally remarkable for his acuteness of perception, and nicety of discrimination, has defined sedatives to be; such medicines, as directly and without evacuation, diminish the motions and powers of the human system. Whether this definition gives a clear

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and distinct idea of the nature of sedatives
or not, I leave to the candid reader to determine
I must confess for my own part, that I think
the terms "Motions and powers" extremely vague
and indefinite, and as conveying but little ^{either} of the
nature or action of sedatives.

Professor James Gregory, of Edinburgh, who has
given a chapter of his conspect. theor. med. to
Sedatives, goes a little farther than Cullen
and says, "they lessen sensation", as well as, "repress
motion"; but says nothing about evacuation,
for he has in his list, *Sedantia evacuantia*,
Narcotica &c. many of which, by the by, are
among the most powerfull stimuli we have.
His words are these, "Remedia sedantia dicun-
tur illa, quae sensum obtundunt motum-
que reprimunt." Although Gregory has

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been probably a little more definite than Cullen, yet he has by no means given us a distinct notion, of the properties and of effects of sedative remedies and applications. After having had the presumption to find fault with the definitions, given by two men so eminent in genius and the medical science as Cullen and Gregory, it might be supposed that I intended to give one more perspicuous and conclusive: This however I will by no means promise, but beg indulgence for a moment while I try to define the Term, in such manner, as that the nature and modus operandi of Direct Sedatives, may be more fully and completely exposed.

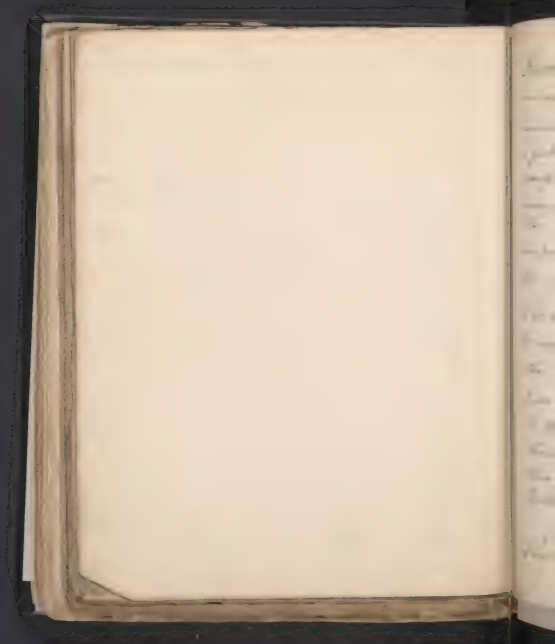
Next to the consideration formerly mentioned, should be that state of the system which we should regard as a standard, and from the operation of medicines on which

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state, we should judge of the progress. This
state should be no doubt that of perfect
health, in which all the moving stimuli
of the system bear their exact proportions to
each other, and in which there is a perfect sym-
metry of excitement. I am inclined to think the
last consideration of the utmost importance, and
vital to us, as we are liable to fall into heresies
on this point, for it is as well known that the same
medicine will have different effects on dif-
ferent states of the constitution, as it is the
different medicines will have different ef-
fects on the same state of the constitution.

Far from inattention, I rather suspect, to
this circumstance combined with a taste for
opium and other narcotics, now known to be
stimulants of the first order, more or less es-
sential to sedatives; but without further delay
I will proceed more immediately to the
subject in hand.

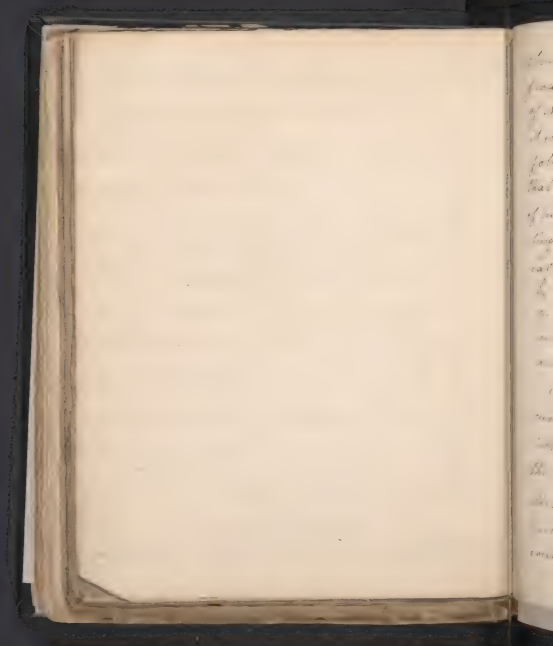


Direct Sedatives then are such medicines
or applications, as when applied to the
animal body in its most perfect and health
full state, act directly on the nervous and
sanguiferous systems, and independently of
any sensible evacuation, as previous exhalation,
sweat, perspiration and thought, as well as the
disposition to voluntary motion, rendering
the pulse less full and frequent.

I believe the number of direct sedatives to
be very few, and indeed some have denied altogether
the existence of such a class of medicines.
I do not intend to say that there are, strictly
speaking, medicines of this kind, but that
there are certain negative qualities of this kind,
there can be no doubt. Such for instance is
Cold, Dampness, Abstinence &c.

Of Cold

That Cold is a Sedative, although some have



sheerly denies it. I think my reason
from many of the most beautiful phenomena
of Nature; look the peasant of the country, why
it is that in winter the trees have lost their
foliage and the fields their verdure, why it is
that he is no longer comforted by the humming
of insects, and awaked in the morning by the warbling
of birds, and why all nature seems to move so
calm, serene and so delicate as common language; and
he will tell you in the simplicity and simplicity
of his heart, that all these sedative effects
result from the absence of that universal
and irresistible stimulant, Heat.

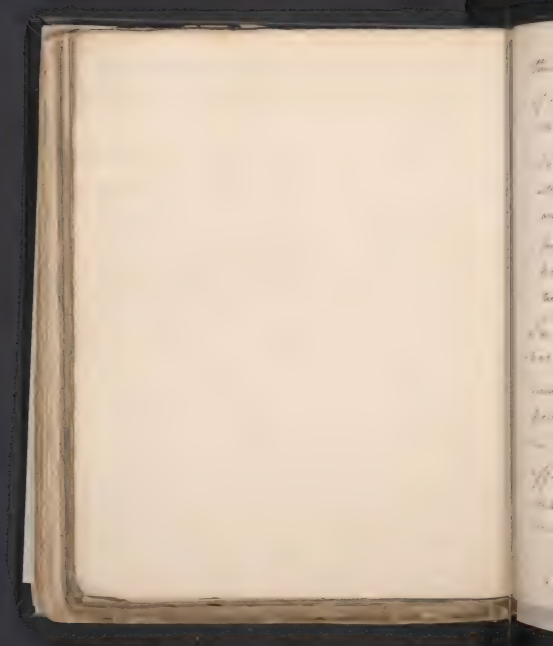
(3) I do not mean in treating diseases, to dis-
cuss the subject at length. I shall suppose it as given
that cold is sedative, and give you a short
review of the use of medicines in the curing
of disease: In many which I shall follow the order
of the disease, in some cases, in the full
course of the disease, leaving out bloodletting, as I

1812

consider it as one of the *remedia* in *remedia*.
The order then would be Cold, then Heat, then
Darkness, Silence.

Cold, as a remedy for disease

In highly inflammatory fever, cold gradually
applied, as applied in such manner as merely to pro-
duce pleasurable sensations to the patient, has long
been used with the greatest advantage. In Pneu-
monia Pleuritis peritonitis, attended with
a full frequent and tense pulse, hot dry skin, co-
stical pain and other symptoms marking a
highly inflammatory disease, Cold, combined with
other *remedia*, has been found
to have the most salutary effect in reducing
the fullness frequency and tension of the pulse, as
well as the heat and dryness of the skin, soothing
pain, allaying irritation and producing sleep
Dr Thomas Sydenham, goes farther than



this, and says that, "In phlegmonous inflammation
of cold and an abscess, a cold application has been
found to be of service."

In that species of delirium which sometimes
attends inflammatory fevers, cold applica-
tions to the head, while at the same time some
warm, as in the case of hemorrhaging cali-
plasm is applied to the feet, have been pro-
duced a great deal of benefit to be overlooked.

In some of the exanthemata or eruptive fe-
vers, cold has proven one of the best and most
indispensable remedies. In variola or small
pox, it has long been used in a most judicious
manner, in which ~~method~~ it can be applied, with the
effect of greatly reducing the inflammatory
action, and thus rendering the morbid action
less violent, and less dangerous. In this case, as



the possibility of most for the possibility of
the greatest success in the treatment of the
intensity and duration of the fever.
It would certainly be of the utmost impor-
tance that the fever be checked in the com-
mencement, for which purpose, nothing an-
swers so well as frequent affusions of cold
water on the patient's body throughout the
day, and constant exposure to a current of
cool air, and even at night when the patient
is put to rest, the temperature of his chamber
should be such as to keep up a moderate in-
tensity of cold.

In the most violent cases of scarlet fever
in children, which is most commonly a



mild disease, cold manages as above has been
extremely useful and efficacious.

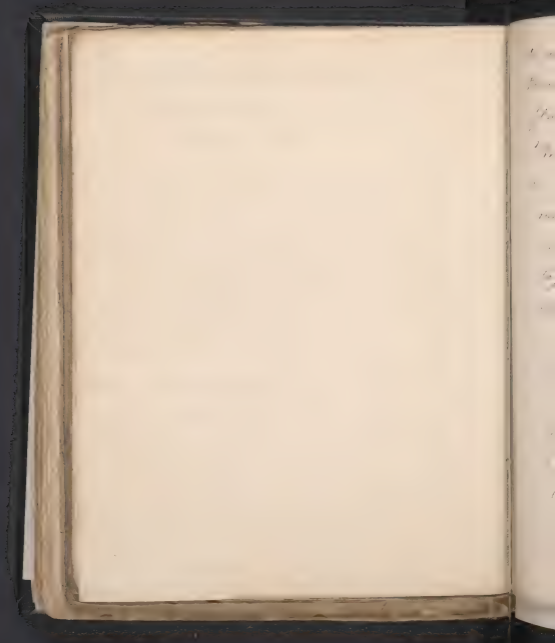
In the incipient state of Scarlatina, Dr. Cou-
rie has found the affusion of cold water to com-
pletely extinguish the disease, and to prevent
either efflorescence, or any affection of the
throat from taking place. This is a practice
however, which should be adopted only in the
beginning of the disease, and even then with the
utmost caution. "The practice is as a highly
dangerous one," he observes, "in a disease
which is so hot," says he "I allow myself to
assert safely, I believe of the high ability
of affusing the body generally, with cold
water, in the incipient state of scarlatina
when there is great heat and dryness of the
skin, induces me to look on the remedy



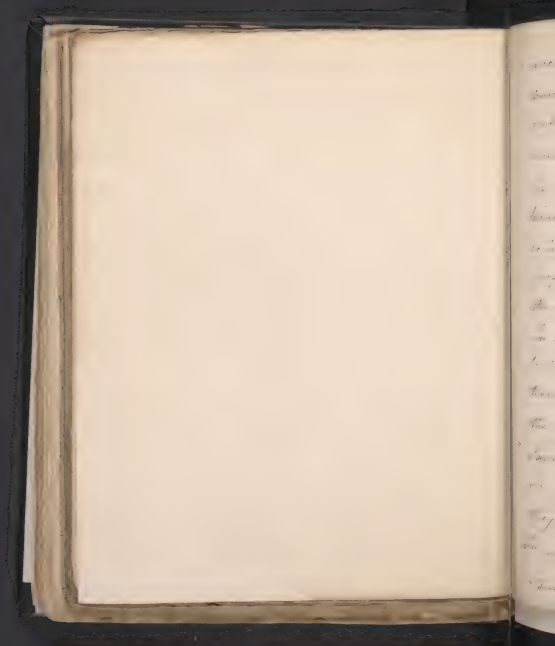
as a means of securing relief and to
the intention to be more generally adopted in the
work of the Society, the ²¹st

The Remonstrances of the first and second
by in that spirit of human sympathy and to the
'white' relief, held for some years of the most
society across the sea. So far as the use of
to other societies in Remonstrances, to see the
nature of the use of organs of last a. then a
for which we are much indebted to the
I & by the way, we must be sure to
to us to be a part of the same, and to
to mankind that it was, which is the
to us, for the more evident cause of this
man. That will be a great deal of
of Remonstrances, and the more to be

* Remonstrances 1791



[illegible]



...the ...
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cal inflammation, to ...
immediately applied ...
In some cases of hemorrhoids ...
hives affecting the ...
so immediately ...
... with cold water, ...
the water the bottom.

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be found ...
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The latest ...
"Saw! ...
...
...
In some cases ...

Sanctus ...

" ... 230



full and sometimes violently inflammatory ulcers,
resulting from an inoculation for the variolus, and
in some cases, nothing has been found so pleasant
to the patient's feelings, or so efficacious in pro-
moting the cure of the ulcer as a stream of cold wa-
ter frequently poured on the part affected.

In those cases where some degree of inflammation is present,
or in which the general action is not entirely low,
the cure must be nothing but one of greater severity.
Thus a stream of cold water being applied, and at
the same time internal.

Strangulated Hernia has sometimes yielded
to cold applications in the form of powder in
a few cases, when every thing else has been tried
in vain. To what extent however, cold may be ap-
plied in these cases, on this side of freezing, or

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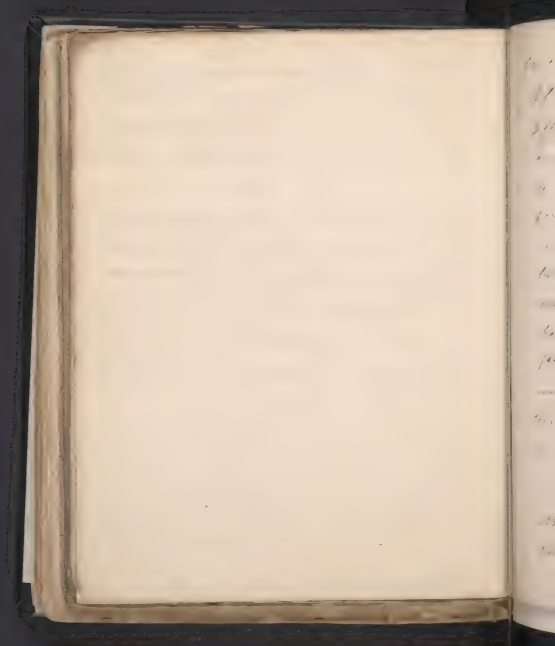
the

what would be the consequence of retaining the
den and requiring an intense cold, into so warm a cavity as that of
the abdomen, experience does not ~~not~~ warrant
and the student is recommended

In those painful and violently distressing inju-
ries of the joints, which have commonly been called
sprains, and to which the ankle joint is particu-
larly liable to physick, whose experience can also be con-
firmed, no external heat found nothing to produce effects
so salutary as frequent and copious effusions of cold
water in the joint affections.

In cases of contusions and extravasation* of blood
from contusion, cold has been found of particu-
lar service in preventing the accession of inflam-
mation and in causing the absorbed blood to be re-

* Ecchymosis &c.



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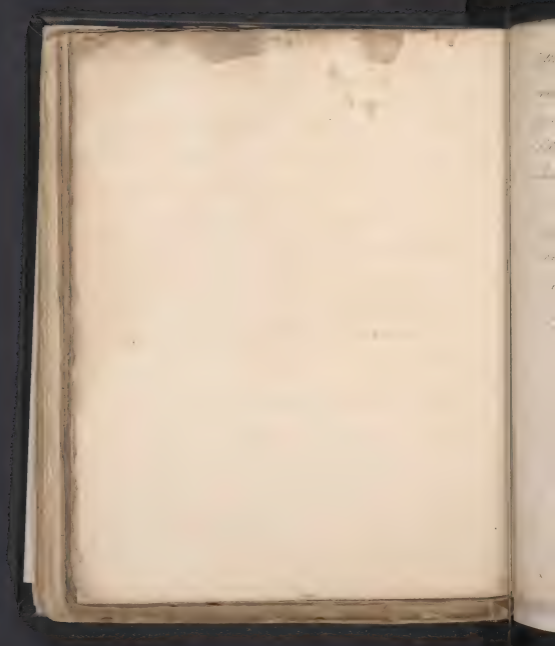
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list, but I must confess in these little
to me in the same. I believe however that it has
been previously used in the course of discussion
most in which we subscribe, & it will not in this case
have any effect in introducing the subject of
the same into the discussion of the measure.
To a hot subject I was not so well fitted as I am
now, I cannot be said to determine, but in the
subject that arises the public cause of the times
are moderate for, properly executed, is of great
value.

With respect to the subject of the
the same is a subject of great importance
ing to that the same is a subject of great
value a Regiment. It is a subject of great
value as of great importance in all
any issues whether general or local as those



letting the eye, as another case of *In Oculum Ma-*
nica, and in which the head is
 principally affected. Total darkness with complete
 silence has been attended with the happiest effect.
 In every species of *Ophthalmia*, and particularly
 in that one, affecting principally the membranes
 of the eye, the total exclusion of light from that
 delicate organ, has greatly diminished the suf-
 ferings of the patient of the disease, and ex-
 pedited the cure of the disease.

With this, I conclude this short and very im-
 perfect essay.



Cholera Infantum.

1810 - 13 - *Washburn*
 33 *Withers*
 36 *Brady*

1811 - 10 - *Pennell*

• 1812 - 51 - *Mason*

1787

to the Honble. the
House of Commons
in Parliament assembled
for the purpose of
presenting to the
House of Commons
the following
Statement